



Virtual Teen Yoga

Drop-In On-line

Teen yoga and mindfulness practice to strengthen, stretch and manage your stress. Take a break and join your peers for an online practice that will leave you breathing more fully, feeling more relaxed and improving both your mental and physical flexibility. No experience needed - just a yoga mat or a towel.

Link for Tuesdays 3-4:00 p.m.

<https://us02web.zoom.us/j/87517059696>

Link for Fridays 3-4:00 p.m.

<https://us02web.zoom.us/j/86524902675>

Call **(650) 853-2960** with questions